

BRANDYWINE VALLEY ACTIVE AGING

COATESVILLE CAMPUS

VIRTUAL CAMPUS

DOWNINGTOWN CAMPUS

BLACK HISTORY MONTH FEBRUARY 2022

“I was born with Trisomy 21 Down Syndrome,” Elizabeth Myambo explains. “That is a defect that has caused me to have an intellectual disability. But that doesn’t stop me.” In fact, Elizabeth has been named the current senior Miss 2021

Pennsylvania representative for the **Miss Amazing** pageant, which is held every year in the Allentown area. According to her mother, Carol Myambo, “Miss Amazing is a nonprofit organization on a mission to provide personal development opportunities that build self-esteem in girls and women with disabilities.” Miss Amazing has programs now in 33 states from coast to coast and have touched the lives of more than 1700 girls and women with disabilities annually.

Elizabeth says, “Today I work as a bagger at a local supermarket and support others with mental and physical disabilities in a workshop. I am self-determined and use my voice to self-advocate for myself and others. I express myself through Special Olympics swimming and bowling, and through pageantry...I participate in Miss Amazing pageant and have been chosen a state queen three times.”



Thank you for your work and dedication, Elizabeth!

What is Trisomy-21?

Trisomy 21 is the most common chromosomal anomaly in humans, affecting about 5,000 babies born each year and more than 350,000 people in the United States.

Also known as Down syndrome, trisomy 21 is a genetic condition caused by an extra chromosome. Most babies inherit 23 chromosomes from each parent, for a total of 46 chromosomes. Babies with Down syndrome however, end up with three chromosomes at position 21, instead of the usual pair.

Other examples of trisomies occur at position 13 and 18. Trisomy 21 is the most common of the three, occurring in 1 out of every 691 births. The disorder was first identified in 1866 by John Langdon Down, a British physician, and later named after him.

Join us at the *Downingtown Campus* for an interpretive dance performance by:

Elizabeth Myambo

FEBRUARY 17th, 2022

11:00A

Slide show and Q&A to follow

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kitchen

February 2022 Menu Coatesville & Downingtown

Reservations are required one week in advance. In-person dining available Mon.– Fri. 12:00-12:30pm. Drive Thru & Take Out Meal: M-F, 12:30-1:30P; Coatesville & Downingtown

Monday	Tuesday	Wednesday	Thursday	Friday
DRIVE THRU & TAKE OUT MEALS: Please call your home campus to make a reservation for the meal. <i>Take Out Pick Up:</i> Come inside and check in at the front desk. <i>MENUS SUBJECT TO CHANGE.</i>	February 1 Chinese New Year Pork Yok (Lo Mein Style Dish) Jasmine Rice Fortune cookies	February 2 Hot Turkey Sandwich Stuffing Cranberry Sauce Vegetable Dessert	February 3 Baked Potato with Vegetarian Chili Cookie	February 4 Pizza by Chef Ray Salad Fruit
	February 7 Burger Day French Fries Lettuce, Tomato Dessert	February 8 Niçoise Salad Roll/Butter Fruit	February 9 Birthday Bash Stuffed Chicken Rice Green Beans Dessert	February 10 Chicken Stir-Fry Rice Mandarin Oranges
February 14 Valentine's Day Seafood Newburg Rice V-day Treat	February 15 BVAA Burrito Bowl Cookie	February 16 Chicago Hot Dog Salad Roll/Butter Fruit	February 17 Hoppin' John Johnnie Cakes Peach Cobbler	February 18 Pizza by Chef Ray Salad Fruit
February 21 President's Day Spaghetti & Meatballs Vegetable Roll Dessert	February 22 Chicken Pot Pie Rice Cookie Fruit	February 23 Sausage & Peppers On a Club Roll Fruit	February 24 Stuffed Peppers Roll/Butter Cookie	February 25 Grilled Cheese Tomato Soup Crackers Fruit
February 28 Pierogies & Kielbasa Sauerkraut Applesauce	 <p>INDOOR DINING IS BACK! JOIN US FOR A DELICIOUS MEAL AT YOUR HOME CAMPUS!</p> <p>COME AND GET IT!</p> <p>DRIVE-THRU IS OPEN TAKE-OUT MEALS AVAILABLE RESERVATIONS REQUIRED</p>			



1/2 pint milk served with each meal. 1 packet condiment served with each wrap or sandwich.
 Menu subject to change without advance notice.

Meals served at BVAA are funded in part by the Chester County Department of Aging Services. Membership to the senior center is not required for participation in the congregate meal program. **Individuals 60 and older who are 185% or above the federal poverty level are asked to make a voluntary and anonymous contribution of \$2.00 towards the cost of the meal. Individuals under the age of 60 are welcome to enjoy a noon meal for a cost of \$5.00.** The official registration and financial information for the Chester County Department of Aging Services may be obtained from the Pennsylvania Department of State by calling toll-free (within Pennsylvania) 1-800-732-0999. Registration does not imply endorsement.



BVAA MONDAY MATINEE CLUB


BLACK HISTORY MONTH FILM FESTIVAL

 **I Am Not Your Negro** Feb. 7th, 2022

A VISUAL ESSAY BASED ON THE UNFINISHED JAMES BALDWIN BOOK.

 **Loving** Feb. 14th, 2022

A BIOGRAPHICAL FILM ABOUT REAL LIFE COUPLE, RICHARD AND MILDRED LOVING WHO ARRESTED FOR THEIR INTERRACIAL MARRIAGE IN 1958.

 **The Boy Who Harnessed the Wind** Feb. 21st, 2022

INSPIRED BY A SCIENCE BOOK, THE TRUE STORY OF WILLIAM KAMKWAMBA WHO SAVED HIS MALAWIAN VILLAGE FROM FAMINE.

 **Ma Rainey' Black Bottom** Feb. 28st, 2022

BASED ON THE AUGUST WILSON PLAY, WITNESS A FIERY RECORDING SESSION OF THE TRAILBLAZING WOMAN HAILED AS THE VOICE OF THE BLUES.



SHOWS START AT 12:30PM
COMPLIMENTARY POPCORN



Are you ready for tax time?

BVAA, in partnership with AARP, is pleased to offer tax preparation services for those individuals filing a 1040-EZ. Due to the ongoing Covid-19 pandemic, appointments are **REQUIRED** and are first come first served basis. No walk-up service is provided.

Coatesville Campus
Tuesdays & Thursdays
9:00A-3:00P
610-383-6900

Downingtown Campus
Wednesdays & Fridays
9:00A-3:00P
610-269-3939

Important Questions & Answers

1. Have a back-up plan! BVAA and AARP cannot control any changes to the schedule caused by local health ordinances.
2. BVAA is providing the space and the scheduling. Your income tax return is prepared by trained AARP volunteers.
3. Please bring ALL paperwork. Incomplete backup slows down the process for everyone.
5. You will be required to wear a facemask/covering to enter the campus and throughout your appointment.

Professional Staff

Bill Pierce

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Theresa Butts

Claudia Rose-Muir

Interim Assistant Directors

Rob Brown

Director of Health & Wellness

Dania Langley

Development Director

Nick Popov

Director of Campus Services

Connie Tynes

Coatesville Campus Manager
Missy Ziegler; Jess DeCray
Downingtown Campus Manager

Jen Manthey

Disaster Relief Coordinator

Pam Przychodzien

Business Office Manager

Donna Pluck

Information & Assistance

Jorge Ramon

Virtual Campus Manager

Westin Pierce

Therapy Dog

Dining Services

Miss Bee

Director of Nutrition Services

Ray Jackson

Asst. Director of Nutrition Services

Narrina Maldonado

Coatesville Prep Cook

Coatesville Campus

250 Martin Luther King Blvd

Coatesville, PA 19320

610-383-6900

**Please mail all correspondence
to address above**

Downingtown Campus

Brandywine Grace Church

40 W. Pennsylvania Ave.,

Downingtown, PA 19335

610-269-3939

www.bvactiveaging.org

info@bvactiveaging.com

Birthday & Anniversary Bash

Coatesville Campus

Wednesday
February 9th, 2022

Lunch 12:30-1:30pm

Drive Thru & Take Out Meal

Call to reserve 12:30-1:30pm

Live Entertainment 1:00pm

Andrew Toscano Duo



VALENTINE'S DAY CONCERT

LIVE MUSIC
MONDAY, FEBRUARY 14TH
1:00PM

COATESVILLE CAMPUS: TONY JULIANO
DOWNTOWN CAMPUS: BRUCE COPP



WORKOUT AT HOME

Virtual Chair Based Exercise

Tuesday & Thursday

9:00am - 10:00am

Email: info@bvactiveaging.org to receive your Zoom invite

Get the newsletter first & stay connected

PREFER TO RECEIVE YOUR MONTHLY NEWSLETTER VIA EMAIL?

1. VISIT THE WEBSITE: OURSENIORCENTER.COM
2. ENTER THE NAME: BRANDYWINE VALLEY ACTIVE AGING OR YOUR ZIP-CODE

GET ALL THE DETAILS ON WHAT'S HAPPENING FOR THE MONTH AT BVAA



DOWNTOWN CAMPUS

February 2022 Birthday & Anniversary Bash

WEDNESDAY, FEB. 9TH, 2022

Live Entertainment
JOE PARKER

RSVP 610-269-3939

HAPPY CHINESE NEW YEAR!

GOOD LUCK & GREAT HAPPINESS IN THE YEAR OF THE TIGER

CELEBRATE THE NEW YEAR WITH A SPECIAL CHINESE MENU CREATED BY MISS BEE AND NOSTALGIA KITCHEN TEAM

FEBRUARY 1ST, 2022

Q: WHAT'S BETTER THAN BINGO?
A: ANOTHER DAY TO PLAY BINGO!

BINGO! BONANZA

TUESDAYS AND NOW
WEDNESDAYS
(1ST/3RD/4TH)
1:00PM

AT YOUR HOME CAMPUS

CHAIR BASED EXERCISE

LIVE CLASSES
9AM, 10AM & 11AM

COATESVILLE
MONDAY & WEDNESDAY

DOWNTOWN
TUESDAY & THURSDAY



GRAND PRIZE WINNERS

John Steczak \$500.00
Noah March \$250.00
Kelly Mest \$125.00

RAFFLE STARTS AGAIN APRIL 2022

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BVAA Exercise

MONDAY	TUESDAY	WEDNESDAY
	February 1	February 2
	9A Virtual Chair Based Fitness 9A, 10A, 11A Downingtown Chair Based Fitness with Rob 10A Wondrium/ C, D, V 10A Wii Bowling/ C 10A Pinochle with John M./ C 1P Bingo/ C, D, V	9A, 10A, 11A Coatesville Chair Based Fitness with Rob 1P Bingo/ C, D
February 7	February 8	February 9
9A, 10A, 11A Coatesville Chair Based Fitness with Rob 1P Monday Matinee/ C, D 1P Pokeno C, D	9A Virtual Chair Based Fitness 9A, 10A, 11A Downingtown Chair Based Fitness with Rob 10A Wondrium/ C, D, V 10A Wii Bowling/ C 10A Pinochle with John M./ C 1P Bingo/ C, D, V	9A, 10A, 11A Coatesville Chair Based Fitness with Rob 1P Bingo/ C, D BDAY BASH Lunch 12P Live Music! at 1P C'ville & D'town Campuses
February 14	February 15	February 16
9A, 10A, 11A Coatesville Chair Based Fitness with Rob 1P Monday Matinee/ C, D 1P Pokeno C, D	9A Virtual Chair Based Fitness 9A, 10A, 11A Downingtown Chair Based Fitness with Rob 10A Wondrium/ C, D, V 10A Wii Bowling/ C 10A Pinochle with John M./ C 1P Bingo/ C, D, V	9A, 10A, 11A Coatesville Chair Based Fitness with Rob 1P Bingo/ C, D
February 21	February 22	February 23
9A, 10A, 11A Coatesville Chair Based Fitness with Rob 1P Monday Matinee/ C, D 1P Pokeno C, D	9A Virtual Chair Based Fitness 9A, 10A, 11A Downingtown Chair Based Fitness with Rob 10A Wondrium/ C, D, V 10A Wii Bowling/ C 10A Pinochle with John M./ C 1P Bingo/ C, D, V	9A, 10A, 11A Coatesville Chair Based Fitness with Rob 1P Bingo/ C, D
February 28	 <p>Stay Connected Virtual Campus is open Exercise Class- 9am Learning Lectures- 10am Bingo, Pokeno- 1pm</p>	
9A, 10A, 11A Coatesville Chair Based Fitness with Rob 1P Monday Matinee/ C, D 1P Pokeno C, D		

Classes & Activities

THURSDAY	FRIDAY
February 3	February 4
9A Virtual Chair Based Fitness 10A, 11A Downingtown Chair Based Fitness with Rob 10A Cornhole/C 10A Wondrium/C, D, V 1P Pokeno/C, D, V	10A Poker/D 10:30A Giant Crossword/C, D
February 10	February 11
9A Virtual Chair Based Fitness 10A, 11A Downingtown Chair Based Fitness with Rob 10A Cornhole/C 10A Wondrium/C, D, V 1P Pokeno/C, D, V	10:30A Giant Crossword/C, D D'town Closes 1P No Poker 2nd Fri of Month
February 17	February 18
9A Virtual Chair Based Fitness 10A, 11A Downingtown Chair Based Fitness with Rob 10A Cornhole/C 10A Wondrium/C, D, V 1P Pokeno/C, D, V	10A Poker/D 10:30A Giant Crossword/C, D
February 24	February 25/Fourth Friday
9A Virtual Chair Based Fitness 10A, 11A Downingtown Chair Based Fitness with Rob 10A Cornhole/C 10A Wondrium/C, D, V 1P Pokeno/C, D, V	10A Poker/D 10:30A Giant Crossword/C, D 1P DANCE PARTY C/D

KEY
C/Coatesville Campus
D/Downingtown Campus
V/ Virtual
 Online Class on *ZOOM*
 • **Registration Required**
 For a Zoom Invite:
info@bvactiveaging.org

What does V mean?
 It stands for **Virtual** This option allows for real time, on-line participation in an activity on the Virtual Campus on *Zoom* link or phone call. Best part? It's **LIVE**— just like being there so you don't miss a thing!

Card Games at BVAA

PINOCHLE
TUESDAY 10:00AM
COATESVILLE

POKER
FRIDAYS
10:00AM - 2:00PM
DOWNINGTOWN

BRIDGE
MONDAYS
12:30PM - 3:00PM
DOWNINGTOWN



Snow Schedule/Classes
 Snow days will be made up for missed classes at the end of the 10-week period.

NEW BVAA SPEAKER SERIES

A CONVERSATION WITH...

JOIN US ON AT A SPEAKER SERIES WHERE WE GET UP CLOSE AND PERSONAL WITH THOUGHT LEADERS, EXPERTS, SPECIALISTS AND CHANGE AGENTS IN OUR COMMUNITY.

HONORABLE GREGORY HINES
 THE LEADERSHIP JOURNEY OF A SOUTH COATESVILLE NATIVE
 CALL 610-383-6900 FOR DATE & TIME



Feeling down or blue for longer than usual?

-Fran Yohannan, MSS, MEd, LCSW

We (I include myself in this) were raised in the era of “pull yourself up

by the boots straps.” Our parents lived through WWII, Korea, maybe even the Great Depression. They believed that only weak people had mental health issues. Nobody went to see a “shrink”, or if they did, they wouldn’t admit it. This was seen as something for which we should feel shame.

But mental health affects everything we are and everything we do. It influences how we think, feel, and act as we try to deal with life. It determines how we handle stress, relate to others, and make choices. As such, most of us could use a “tune up” every now and again. We usually don’t wait for our car to completely stop functioning before we take it to the shop. We perform maintenance to keep it operating properly. That’s what therapy or counseling can do – help keep life running smoothly.

Life can sometimes throw us curve balls that make us feel uneasy, stressed, and sad. These changes could include the death of a loved one or dealing with a serious illness. How about the changes we’ve faced in the last 21 months as a result of COVID and being separated from our family and friends? Sometimes we just adjust to the changes. But sometimes, we’ll have more trouble adjusting. That’s when the risk of depression or anxiety becomes greater.

Some of the warning signs include:

- Changes in your mood or energy level
- Changes in your eating/sleeping habits
- Withdrawing from people and activities you enjoy
- Feeling unusually confused, forgetful, angry, upset, worried, or scared
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling sadness or hopelessness
- Smoking, drinking, or using drugs more than usual
- Having increased anger, irritability, or aggressiveness
- Having thoughts and memories that you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others

If you believe a “tune up” could benefit you, BVA offers services that might help. Please call 610-383-6900 ask for Donna Pluck, Information and Assistance.



CAMPUS NEWS: Holiday Recap



Left A truckful of Elves. BVAA was the Grand Marshal at the Coatesville Christmas Parade on Dec. 4th, 2021. Greeted with smiles and waves, the team spread lots of holiday cheer. What an honor– thank you Coatesville!

Right Oh Tannenbaum!

Brandywine Valley Active Aging was proud to display the **Red Umbrella Holiday Tree** in the **Pavilion of Trees** in Gateway Park In honor of all those effected by Hurricane Ida, the tree signified all the incredible work done by the Coatesville Red Umbrella Response Fund and was to remember the many displaced due to the storm.



Left , Center BVAA hosted the Holiday Luncheon at the Downingtown Country Club on Dec.15th, 2021. Puppeteer, Jack Foreacker transported the crowd to the North Pole with a cast of characters that made for a wonderful afternoon for all.



Wellness with Rob

Now that we are getting into 2022, now is the time to reconsider your health goals. With many New Year's Eve resolutions broken by January 24th- if this is you, listen up.

Here is *one exercise* that can help with balance, core strength and give you a burst of energy. Best yet? It's something that might remind us of our youth– sitting or standing we can all give this for a supercharge!

March in Place

Stand tall. Shift your weight to the left leg and engage your core. With control, lift your right knee with the foot flexed. Your shoulders and head may want to round forward. Keep the crown of the head high. Lift your knee as high as you can without going above hip height and keep your thigh parallel to the floor. Pause with knee lifted. Place the foot on the floor. Shift to the other side.

Repeat. Keep on going for 30 seconds for 3 reps.

Always be careful and take it easy.

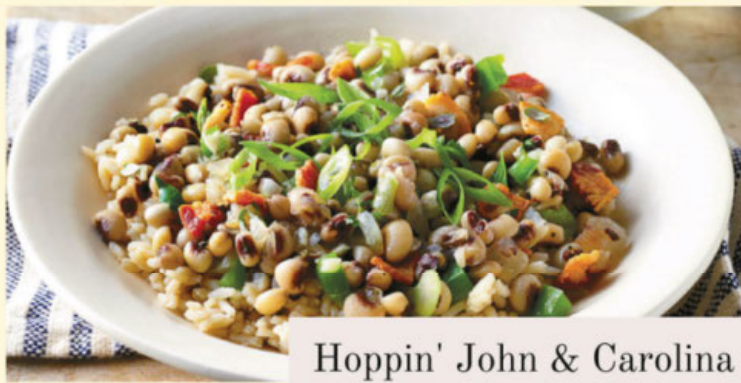


Left, Below Cookies in Coatesville!

Fun times decorating holiday cookies—

Sorry kids, we ate them all!





PREP TIME: 15 MIN
 COOKING TIME: 1 HR
 SERVINGS: 5-7

Hoppin' John & Carolina Gold Rice

Ingredients

- ½ lb lean bacon, diced large
- 2 onions, chopped
- 4 garlic cloves, minced
- 2 c black-eyed peas, dry, un-soaked
- ½ tsp gnd. black pepper
- ½ tsp crushed red pepper flakes
- 4 c water
- 4 c chicken broth
- 2 c Carolina Gold Rice, uncooked
- 2 tomatoes, diced
- 2 c torn collard greens (Kale, Swiss chard, mustard greens) optional

Directions

In a large soup pot, cool bacon over medium high heat until crispy.

Remove bacon reserving 1 tbs of grease in pot; add onions, garlic and cook 2 minutes.

Return bacon to pot add black-eyed peas, red pepper flake, pepper, water and broth. Bring to a boil- 30-40 mins until beans are near tender.

Add rice and cook covered, 15-20 mins, until rice is mostly tender and liquid nearly absorbed.

Remove pot from heat, add tomato and greens if using. Cover pot and let it sit; rice will continue to steam and greens wilt; 10 mins.

Adjust seasoning with salt and pepper. Serve with corn bread. Enjoy

Below We're All Smiles.

The Downingtown Campus visited with Jaclyn G. from ChesPenn Dental who spoke about the connection between overall health and chronic illness. Jaclyn's valuable insight highlighted the importance of taking care of your teeth; real or not so much, lol! *Brush up and take care of those choppers!*



PENNSYLVANIA PROPERTY TAX & RENT REBATE



BVAA is offering help with preparation services for Chester County residents applying for Pennsylvania Property Tax and Rent Rebate for 2021.

The program benefits eligible Pennsylvanians 65 and older; widows and widowers 50 and older; and people with disabilities 18 and older. The income limit is **\$35,000 a year for homeowners** and **\$15,000 annually for renters**, and half of Social Security income is excluded. Spouses, personal representatives or estates may also file rebate claims on behalf of claimants who lived at least one day in 2020 and meet all other eligibility criteria.

Due to the continued Covid-19 pandemic, appointments will be on the phone. In person appointments are by request only.

HOW TO MAKE AN APPOINTMENT

- All appointments are conducted through the BVAA/Coatesville Campus only.
- Appointments are preferred over the phone. In person appointments are by request only.
- Appointments are REQUIRED. If you cannot keep your scheduled time, please call 24 hours before your appointment to cancel.
- No walk-up service is provided.
- Please remember to bring all paperwork; mortgage information, completed rental information from landlord and all other pertinent information.
- You will be required to be able to fill out paperwork as you will be guided over the phone on how to complete application.

Zoom Meetings are available if that is preferred.

For more information and to make an appointment, call your preferred Campus:
 Coatesville Campus; 610-383-6900
 Downingtown Campus; 610-269-3939
 Email: donna@bvactiveaging.org

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Covid Vaccine

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610.383.6900



www.bvactiveaging.org

**Brandywine Valley
Active Aging**

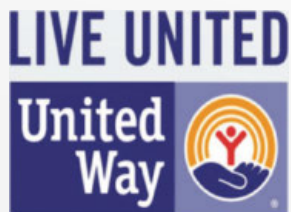
Brandywine Valley Active Aging is a non-profit organization providing services and programs to persons fifty years and better without regard to race, color, handicap, sex, national origin or sexual orientation.

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Or Current Resident

If you wish to be removed from our mailing list, or if you would prefer to receive the newsletter via email, please call the office and our staff will be happy to assist you.

Accreditations



It is the mission of Brandywine Valley Active Aging to enrich the lives of aging adults in our community by providing services that enhance the dignity and quality of their lives,

Founded in 2021, **Brandywine Valley Active Aging** builds upon a history of more than 40 years of continued service of the former Coatesville and Downingtown Area Senior Centers and assumes the mantle for service in the communities of the City of Coatesville, the Borough of Downingtown, and the neighboring communities of Atglen, Caln, East Bradford, East Brandywine, East Caln, East Fallowfield, East Nantmeal, Elverson, the Honey Brooks, Modena, Parkesburg, South Coatesville, Uwchlan, Upper Uwchlan, Valley, Wallace, West Bradford, West Brandywine, West Nantmeal, and West Whiteland. **Brandywine Valley Active Aging** is a registered 501 (c) (3) charitable organization contributions to which are tax-deductible to the extent permitted by law.

The official registration and financial information for the **Brandywine Valley Active Aging** may be obtained from the Pennsylvania Department of State by calling toll-free (within Pennsylvania) 1-800-732-0999. Registration does not imply endorsement.